



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA's DIABETES PREVENTION PROGRAM IMPACT ON THE COMMUNITY Central Connecticut Coast YMCA

The Y's Diabetes Prevention Program has many success stories, and those individuals benefit greatly by having improved health and quality of life. Often their families also adopt healthier lifestyle habits as a result of a participant's providing the example at home.

While this is reason enough to offer the program, the benefits extend beyond the individual participant. Through partnerships and collaboration in the community the Y's Diabetes Prevention Program is offered to everyone who is prediabetic or at risk for developing type 2 diabetes. This program is open to the community and a Y membership is not required.

We partner with hospitals in their community outreach and screening events, offering education to make people aware of their risk, and providing the program at sites in the community, including those hospital systems. We are able to support and supplement their efforts to serve the community. These partnerships, including medical provider referrals, make what we both offer more robust and comprehensive.

YMCA DPP teams work with local health departments in their outreach, organizing and attending screenings and serving on task forces focused on chronic disease prevention. Many of the people served by hospital, health department, and other organizations providing community outreach are Medicaid recipients. Their treatment costs could be greatly reduced by participation in diabetes prevention programs.

Employers are also interested in improving the health of their workplace community. The Y's Diabetes Prevention is offered to employers to reduce absenteeism and build a healthier workforce that will result in increased productivity and reduced medical insurance costs and premiums.

Seventy-five percent of all US healthcare spending is for chronic disease, including diabetes. By offering prevention programs we can reduce health care costs with proven reduction in spending for chronic disease treatment. Many of our successful participants have reported a reduction in the need for medication and in some cases, being able to eliminate blood pressure and cholesterol medications. Some have reported being "medication-free" at the end of the program.

The Y is the largest provider of diabetes prevention in the nation. Prevention is considered medical treatment for prediabetes, a medical diagnosis. The YMCA's Diabetes Prevention Program is an evidence based, cost effective intervention that has proven to be not only a success for the individual participant, but also a success for communities who want to improve health and reduce the effects of chronic disease.